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A SALAD TO WIN OVER CARNIVORES
TERIYAKI DISH PACKS A PUNCH {page 18}

MTV AWARDS
BIEBER AND CREW LIGHT IT UP {page 12}

CALGARY metro®
Monday, September 13, 2010
www.metronews.ca

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KRISTA SYLVESTER/METRO CALGARY

▶ Harold Gorgensen and his three cats were forced out of their southwest apartment yesterday because of a power surge.

Hundreds forced out of homes

▶ Fire crews called to 15-storey SW apartment building after electrical surge, reports of multiple fires
▶ Disaster Services unit set up reception centre for displaced residents at the Calgary Jewish Academy

Hundreds of people were forced from their homes yesterday after an electrical surge caused light bulbs, appliances and electronics to explode throughout a southwest apartment complex.

Harold Gorgensen heard several loud pops in his Mayfair Place apartment and woke to find his electronics smoking.

"They are destroyed. This is so frustrating because we're not allowed back in, I have to lug my three cats around and I can't get my work clothes so I can't work tomorrow," he said last night.

Apartment resident Bill, who wished to withhold his last name, was concerned he wasn't allowed back in the apartment for his medication as of 5 p.m.

"They didn't even ask me my age, which I thought was weird. I was having some troubles breathing and the ambulance checked me out. But I had to order new medication," he said.

About 300 people made it out safely from the building as fire crews searched each apartment for fire and damage, fire spokesperson Brian McAsey said.

"(Today) is the earliest we could get them in here but we're possibly looking at a few days or more before they can return," he said. ● KRISTA SYLVESTER

Transformer installation

- The building was installing a transformer when the power surge occurred.
- Residents can call 311 for status updates.

Fatal fall

Canadian woman's death in Mexico ruled suicide {page 5}

The NFL's back

Texans stun Colts, Packers clip Eagles {page 22}

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CICF GOLF TOURNAMENT

The Calgary chapter of the Canadian Intensive Care Foundation (CICF) would like to welcome the golfers, sponsors and celebrities who will be attending our fundraising event today at GlenEagles in Cochrane.

Specifically, we would like to recognize the following organizations and individuals for their generous contributions and for making this event possible:

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THE ORGANIZING COMMITTEE – Jeannie Shrout, Dan Kroffat, Stephanie Todd, Joy Teppler, Diane Schmidt, Kim Petrigo, Rob Morrow, Barry Kushner, Jim Winnick, Kevin Solverson, Martin MacDonald, Dr. Paul Boiteau, Dr. Brent Winston, Greg Duchscherer and the many volunteers who made this day possible.

Thank you for your support and partnership!

For further information or to partner with us please visit our website at http://www.cicf.ca/

Mayoral candidate's office, signs vandalized

Smashed windows at campaign headquarters and vandalized campaign signs have the campaign team of a Calgary mayoral candidate claiming an "organized attack."

According to a release sent out by Naheed Nenshi's team, anti-Muslim attacks were also made in a Calgary Internet forum against the mayoral candidate.

"It is sad that people have to draw such negative stereotypes," said Chima Nkendirim, campaign director for the Nenshi for Mayor campaign.

Organizers say it's not the first time Nenshi signs have been targeted.

Calgary police were given a description of the suspects.

METRO CALGARY

KRISTA SYLVESTER/METRO CALGARY

Hundreds turn up for arts fest

Calgarians were treated to music, fashion and arts during the Haultain and 1st Street Festival yesterday.

The outdoor music festival featured two stages of music, a runway for fashion shows and Market Collective, where various art items and clothing were for sale.

Hundreds of people enjoyed the sights and sounds of the new festival.

METRO CALGARY

KRISTA SYLVESTER/METRO CALGARY

▶ Siblings Chance, Cannen and Caprice Kirkhope walk as team The Prairie Punks during Sunday's AIDS walk in support of their friend to raise money.

Walking against AIDS

▶ The event is also held in about 50 other Canadian cities ▶ More than 700 people participated in Calgary's walk, raising more than $165,000

KRISTA SYLVESTER
@METRONEWS.CA

Hundreds of Calgarians donned their team colours and walking shoes for a good cause yesterday.

It was the 18th annual Scotiabank AIDS Calgary walk at Eau Claire market and families, friends and even pets gathered for the event to raise money and awareness about the devastating illness.

Ryan Jones was proud to see so many people out and had his own team of a dozen walkers supporting his every step. Jones has been HIV-positive for 11 years.

"And for 11 years I've been doing various fundraisers in different cities. And I will continue to do it for as long as I can," Jones said.

"When I first found out I was positive, I was confused, scared and alone. But (Vancouver and Calgary AIDS organizations) helped me through and I'm here to help them back."

Jeff Kapler, chairman of the AIDS Calgary board of directors, said AIDS is still a serious problem in society.

"We know the trend across North America that there is an increase in the illness, particularly among young people," Kapler said.

Numbers

- 127 volunteers participated in setting up the 2010 Calgary AIDS walk event.
- Calgary has raised more than $1.1 million since it began the walks 18 years ago.
- In 2008, almost 3,900 Canadians were diagnosed as HIV-positive.

Youth group raises funds for flood victims

A Calgary youth group hosted an SOS Pakistan fundraising event yesterday at Village Square to raise money for Pakistan's flood victims.

Organizer Iman Bukhari said the youth wanted to do something special for the victims. "It started with an idea to help and now became this great fundraiser," she said. All proceeds went to The Red Cross to help the Pakistan flood victims.

$2,000
The amount the youth group wanted to raise to help Pakistan flood victims.

The money donated will also be matched by the government.

KRISTA SYLVESTER

KRISTA SYLVESTER/METRO CALGARY

▶ Dancers at Pakistan fundraiser.

News in brief

None injured in derailment

SPILL. No injuries or environmental hazard were reported after a central Alberta train derailment over the weekend. Five tank cars left the track just north of Red Deer, near Blackfalds around 8:30 a.m. Saturday, according to officials. Liquid propane was spilled, but was burned off in a controlled fashion, according to CN officials.

METRO CALGARY

Pro-oilsands ads hit N.Y.

OILSANDS. Two 10-second pro-oilsands ads have been launched in New York's Times Square, says the Alberta government.

The ads, one of which demonstrates the province's commitment to carbon capture and storage, will cost $17,000 and run three times per hour. The ads began Sept. 1 and run for six weeks.

METRO CALGARY

1 news

News on the move

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Is Ottawa making immigration applicants who admit to past marijuana use get their head checked? Guidy Mamann has more at metronews.ca/immigration

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MISSING COUPLE

Ground search in McCann case over

RCMP have wrapped up their ground search of a rural property in northern Alberta for clues in the disappearance of a missing elderly couple, but say divers will return to the property later this week to search a small body of water.

Police began their search of the property near Nojack, 140 kilometres west of Edmonton, late last week.

Sgt. Tim Taniguchi won't say if officers found anything relevant to the case of Lyle and Marie McCann.

He also refused to comment on claims by neighbours that the property is owned by a friend of Travis Vader.

Vader is the only suspect in the McCann disappearance.

THE CANADIAN PRESS

U of C students roar for Dinos

KATIE TURNER/FOR METRO CALGARY

▶ University of Calgary students show team spirit.

Hundreds of spirited students flocked to McMahon Stadium Friday to kick off the school year and cheer on the Dinos football team.

The University of Calgary hosted a tailgate party for their students, many of which dressed for the occasion.

After only five days in Calgary, Australian exchange student Dom Clark said the Dinos spirit was contagious.

"Everyone is so involved," said Clark, donning red face paint and sporting a large "D" on his t-shirt.

Wearing the "O" in Dino was Will Staples, also from Australia. "We wanted to support our local heroes, the Dinos," he said.

KATIE TURNER

Police probe bank theft

Police seek a suspect in connection with a robbery at the Bank of Montreal in the 3700 block of Charleswood Drive NW on Friday at 2:55 p.m. The man is described as white, 24 to 26 years old, five-foot-seven and 160 pounds. Anyone with information can call 403-428-8787.

METRO CALGARY

13 Ave. site to be filled

Lake Placid Properties Inc. got an order Friday to backfill its Centuria on the Park construction site, at 303–13 Ave. SW. The city's chief building inspector said the site is a "danger to public safety." The work must be done by Nov. 15, or the city will do it and charge Lake Placid.

METRO CALGARY

Brides hunt for bargains

- The Calgary Bridal Fair is Alberta's largest fall bridal show
- More than 120 exhibitors participated in this year's event

KRISTA SYLVESTER
@METRONEWS.CA

More than 1,500 future brides took to fall's hottest bridal fair yesterday in search of that perfect dress and final touches for their weddings.

Most brides-to-be were drawn to the wedding gown sale and many walked out with their dream dresses, but even almost-brides found themselves trying dresses on, including 18-year-old Nicole Abbott.

"I was coming here for work, but I couldn't help but try this dress on. My boyfriend will wonder why I was trying dresses on," she said.

Abbott and her boyfriend are planning to marry in 2012, though she says it's not official yet.

"But I couldn't help but try the dress on, even though I know it's early."

Cyrena Heerschap was also searching for the perfect dress but wasn't having as much luck.

"But it's because I just don't know what I want. I'm looking at everything for ideas," she said.

Calgary Bridal Fair co-organizer Lenora Kingcott said many women flock to the wedding gown sale for the great prices.

"It's always a big draw because they are such great prices and basically it's just clearing this year's stock for next year's but there are a lot of great dresses to be found," Kingcott said.

This year, she added, there was room for 1,000 people to attend the popular fashion shows.

"Everybody loves to see what is new and hot for next year."

▶ Cyrena Heerschap browses for a good deal on a wedding dress at the Calgary Bridal Fair yesterday.

Fashionable finds

- Hundreds of designer gowns were on sale from $199 and up.
- Fashion shows featured 2011's hottest wedding fashion.
- Tickets for the event were $18 at the door.

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Prince. Snacking

▶ Britain's Prince Harry, centre, attends the Help For Heroes concert yesterday at Twickenham Stadium in London.

YUI MOK/THE ASSOCIATED PRESS

Take That alums reunite for troops

Some 60,000 attendees took in the concert in aid of the Help For Heroes charity, which supports members of Britain's armed forces. Robbie Williams and Gary Barlow, both formerly of Take That, reunited for the first time in 15 years to perform their new single, Shame.

Woman's fatal fall in Mexico deemed suicide

Victim's boyfriend ruled out as suspect but asked to stay until investigation's end Family pleads for privacy

A 19-year-old Ontario woman died on Friday after falling off a balcony at a hotel in Cancun.

Giannina Di Roberto fell from the seventh floor of the Riu Caribe hotel.

She was vacationing at the resort with her boyfriend, also from Canada.

Gaspar Buenfil Caballero, director of the government department that investigates homicides, said yesterday that there is an ongoing investigation into the death but the indication at this point is that it was a suicide.

▶ Giannina Di Roberto

"The boyfriend was detained for 48 hours but after all the investigations ... we found that he wasn't responsible for any crime," Buenfil Caballero said in a phone interview from Cancun.

"It was (a) self-inflicted accident ... For the moment, we think it's a suicide."

This is not the first time a Canadian has died after falling off a hotel balcony in Mexico.

Josh Iwasiuk died in January 2008 after Mexican police said he fell from a balcony 10 storeys high.

The family, however, questioned the autopsy results at the time.

THE CANADIAN PRESS

INTERNATIONAL AID

Tories not done with matching

The federal government will continue matching private donations of flood relief assistance to Pakistan.

Conservative House Leader John Baird made the announcement yesterday at the offices CARE Canada, where he said the program to match charitable donations is being extended by three weeks.

"We can and call upon Canadians' legendary, legendary generosity to ensure help reaches those who are most truly in need," said Baird.

The program sparked an increase in charitable giving to a Canadian relief effort that until that point had largely failed to generate much public interest. Kevin McCort, president of CARE, said donations jumped two- and three-fold after the government announced it would match funds.

THE CANADIAN PRESS

New green school has toxic roots

Students at a new school named for noted conservationists Rachel Carson and Al Gore don't have to go far for their first lesson: Their $75-million campus was laden with toxic soil.

Los Angeles Unified district officials have spent $4 million to clean up the site of the new Carson-Gore Academy of Environmental Studies, which is to open today. THE ASSOCIATED PRESS

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Hunter who shot husband to face judge today

- Father-in-law says 'negligent' act should be punished
- RCMP spent two years securing accused's extradition

MARK MORAN/THE CANADIAN PRESS

▶ Mary Beth Harshbarger

A Pennsylvania woman who says she fatally shot her husband on a hunting trip after mistaking him for a bear goes on trial today in central Newfoundland.

Mary Beth Harshbarger, 45, faces one count of criminal negligence causing death for killing her husband Mark four years ago as the couple hunted for black bear near Buchans Junction.

She has pleaded not guilty. Her judge-alone trial will be held before Justice Richard LeBlanc in provincial Supreme Court in Grand Falls-Windsor.

"In my mind, I would say definitely it was an accident," Mark's brother, Barry, who was hunting with the couple on the same ill-fated trip, said from a hunting lodge in Newfoundland as he prepared to head to Grand Falls-Windsor.

Barry Harshbarger declined to discuss whether he and Mary Beth Harshbarger became a couple soon after his brother's death, as other family members allege. He said he moved into her home in rural Meshoppen, Pa., in May to look after his niece and nephew, aged eight and four, when their mother was extradited to Canada to stand trial.

His niece and nephew are being cared for back home, he said.

His father, Leonard (Lee) Harshbarger, says he has been estranged from his daughter-in-law and son Barry since Mark was killed.

THE CANADIAN PRESS

Russia. Raucous rally

▶ Russian police detain a protester yesterday during a rally in Moscow.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Angry Muscovites take to streets

Russian police broke up an unauthorized protest against Moscow Mayor Yuri Luzhkov and his policies. Officers detained several demonstrators.

688 The main shaft at the San Jose mine in Chile collapsed Aug. 5, trapping the miners at more than 688 metres.

Mine rescue stalled

Chile's mining minister acknowledged that a problem has stalled one of three tunnels being drilled to 33 miners trapped underground.

THE ASSOCIATED PRESS

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▶ Friends and neighbours gather with J.D. Kilborn, right, outside the trailer where Stanley Neace killed Kilborn's wife, Tammy, Saturday in Jackson, Ky.

Man enraged by wife's cooking

- Killer's landlord describes tenant as 'unpredictable'
- One victim shot in front of her 7-year-old daughter

For months, Stanley Neace had shown increasing hostility to his neighbours in rural eastern Kentucky, to the point his landlord started eviction proceedings. Then he snapped over how his wife cooked his eggs, and killed her and four others with a shotgun before shooting himself.

Neighbours in the mobile-home park said Neace stormed across several lawns in his pyjamas Saturday and fired dozens of shots from a 12-gauge shotgun. When the rampage ended, Neace and his wife lay dead, along with the gunman's stepdaughter and three neighbours.

Trooper Jody Sims of the Kentucky State Police said Neace, 47, killed the five people in two mobile homes, then went to his home and turned the gun on himself. Investigators were still working yesterday to piece together what happened during the rampage, Breathitt County Sheriff Ray Clemons said.

The victims were identified as the gunman's wife, Sandra Neace, 54; her daughter Sandra R. Strong, 28; and neighbours Dennis Turner, 31; Teresa Fugate, 30; and Tammy Kilborn, 40.

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ONLINE

Facebook edges Google: Data

U.S. web surfers are spending more time on Facebook than searching with Google, according to new data from researchers at comScore Inc. It says people spent a total of 41.1 million minutes on Facebook — or about 9.9 per cent of their web-surfing minutes for the month. That just surpassed the 39.8 million minutes, or 9.6 per cent, people spent on all Google sites combined, including YouTube and Gmail email. U.S. web users spent 37.7 million minutes on Yahoo sites, or 9.1 per cent of their time, putting Yahoo third in terms of browsing. THE ASSOCIATED PRESS

Hotel employees walk out

Dozens of hotel workers have staged another one-day walkout outside a downtown hotel at the hub of the Toronto International Film Festival.

Ontario Federation of Labour president Sid Ryan who walked on an "alternative red carpet" outside the Hyatt Regency says the employer is trying to lock in recession level wages.

THE CANADIAN PRESS

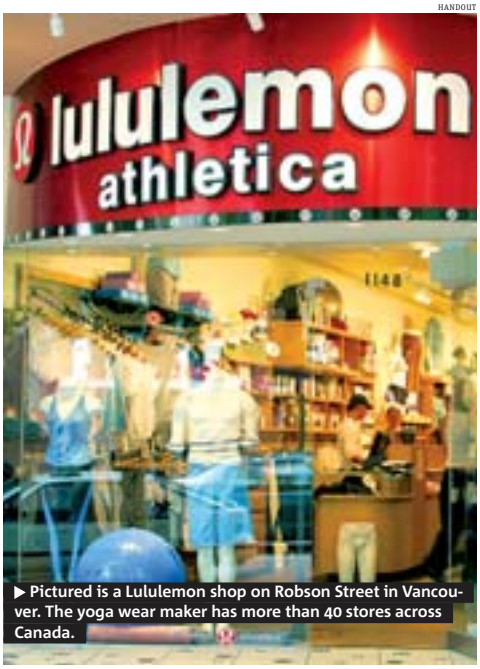
Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar
12,097.09 (Friday)	96.61¢ US (Friday)
Oil	**Natural gas**
$76.45 US (Friday)	1,000 cu ft $3.883 (Friday)
	Gold contracts $1,244.50 (Friday)

Lululemon stock boasts big-time rise

HANDOUT



▶ Pictured is a Lululemon shop on Robson Street in Vancouver. The yoga wear maker has more than 40 stores across Canada.

Shares in yoga wear maker soared after reporting Q2 profits

Vancouver-based yoga wear maker Lululemon, which in a decade has turned into a marketing phenomenon, cemented its position on Friday when it posted second quarter profits more than double the same period last year.

The company opened its first store in Vancouver in 1998, and has expanded to over 100 stores in three continents in just over a decade.

Shares in the chain shot up 11 per cent, or $4.20 to $41.26 in midday trading Friday on the Toronto Stock Exchange.

Zoe Tan, an analyst at Morningstar research, said the company's sales improvement was driven by both increased traffic and higher prices, "an admirable feat" as most retailers struggle to maintain prices in the shaky consumer environment.

"We are just scratching the surface in e-commerce and we'll continue to add resources in order to push this channel."
CHRISTINE DAY, CEO

However, she added the pace of growth will moderate in the third quarter as the chain starts to lap tough year-over-year comparisons.

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Online TV key to deal

Bell buying CTV taps into trend of watching TV on laptops, smartphones

Canadians are turning away from their television sets, but are relying on new ways to gain access to their favourite shows.

George Cope, BCE Inc.'s chief executive, said the driver behind his company's deal to purchase all of the CTV television network was its desire to seize hold of the trend among consumers to seek alternate ways to enjoy broadcast content.

In July, the Canadian Radio-television and Telecommunications Commission (CRTC) reported that one out of four Canadians watched television programs online in 2009.

To meet that growing demand companies are finding new ways to intertwine broadcast offerings, computers and wireless devices. Joseph Compeau, lecturer of management of information systems at the Richard Ivey School of Business, said with Friday's deal Bell is strengthening the connection between Bell and broadcast in consumer's minds, a tactic Rogers employed with its heavy emphasis on sports.

TORSTAR NEWS SERVICE

NATHAN DENETTE/THE CANADIAN PRESS

▶ BCE president and CEO George Cope says the driver to buy the CTV network was a desire to capitalize on the trend for alternate ways to view broadcast content.

Greece to rein in new austerity measures

The Greek government is planning no new austerity measures as part of efforts to pull the country out of debt and might even exit international supervision earlier than expected, the prime minister said yesterday. George Papandreou said Greece was on track to meet targets for reducing its deficit by nearly 40 per cent this year.

The tough austerity measures, which included salary cuts and tax hikes, angered labour unions which have staged six general strikes this year and organized protests in Thessaloniki on Saturday, while a new round of confrontation starts this week.

THE ASSOCIATED PRESS

More loans

- IMF and EU inspectors are due in Athens to review Greece's progress in overhauling its economy (the country is due to receive a second instalment of loans worth €9 billion).
- Greece is relying on the loans to refinance its debt (interest rates on the international market are forbiddingly high).

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IT'S TIME TO SADDLE UP A NEW ARENA

In Defence Of ...

MIKE MORRISON

Calgarians love lambasting the Pengrowth Saddledome — usually after they've just been there.

There's always talk about building a new and bigger arena, because if there's anything Calgary knows it's building bigger and better things.

Normally, I'd never condone replacing a perfectly good stadium; the problem, of course, is the Saddledome isn't perfectly good.

This occurred to me a couple weeks ago when it seemed like all my friends were at the Lady Gaga concert ... in Edmonton. It's long been rumoured that the Saddledome's low-hanging roof has kept artists like Justin Timberlake away.

Of course, in recent years the Rolling Stones and U2 have both played the Saddledome, which seemingly throws water on that idea. On the other hand (and speaking of water), when a venue's acoustics make an artist sound as though they're performing under the sea, it's not exactly a ringing endorsement.

The Saddledome is in desperate need of a makeover. It's an arena where the term "nosebleed seats" is meant literally. And while you're up there be sure to bring your binoculars: Watching hockey from the arena's 300 level is like watching a highly choreographed game of ping-pong.

"Otherwise, its cramped concourses ... and awful sightlines should be banished to Calgary's history books."

In fact, I'm starting to wonder if the Saddledome has something to do with our hockey team's recent inability to find any success during the playoffs.

After some extensive Googling, I've discovered that two football teams call McMahon Stadium home. (I also uncovered something called the Calgary Vipers, but I'll save that for another column.) Both the Stampeders and the U of C Dinos have enjoyed a fruitful last 12 months: The Dinos were a second-half collapse away from winning Canada's university football championship, while the Stamps are running away with the CFL's overall standings.

Given McMahon Stadium's recent track record, it's no wonder the Flames have arranged to play this year's Winter Classic there — it's a sure bet for two points, right?

Assuming our next mayor Ric McIver reads this column and decides to push for a new arena, might I humbly make a suggestion?

Whatever they've done to the beer, keep doing it. Sure, paying $7 for a plastic cup of beer is tough to swallow, but this apparently extra-strength beer is one of the few things that makes the Saddledome my favourite place to forget how I got home. Otherwise, its cramped concourses, undersized washrooms and awful sightlines should be banished to Calgary's history books.

Cartoon

MICHAEL DE ADDER

Fun and fitness at work

Letters & Tweets

We asked: What's the best job you ever had?

TORONTO. The best job I had was as an employee of a fitness club because I could communicate with a wide range of customers from all generations. Even though I was a receptionist, I could train customers and I could also use the machines to exercise.

KEI AOSAKA

TORONTO. The best job I ever had was as a clerk at a luxury brand store in Tokyo.

Observation of the products and the customers was really fascinating.

I could also see new products earlier than customers.

KOTO TSUCHIYA

TORONTO. I was a university student who studied Turkish in Japan. The best job I've ever had was as a presenter at university. This job was needed to introduce the Turkish course, university life and what Turkey is like to high school students who wanted to enter. It was a temporary job and boring. But two years after this job, an unfamiliar student came to me and said thank you for your stories and advice. I was really surprised and pleased to hear that.

SHUNYA IKEDA

Shaping up

CONTRIBUTED

How do you reduce stress?

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Metro Minute with Monday football

Got a minute tonight, Calgary? How about six-plus hours?

With the start of the NFL regular season, tonight is the first chance to catch Monday night football at your favourite city watering hole.

Gather your friends to once again start that weekly tradition of a couple of brews and the climax of another week of NFL football.

Start it off right this week with a doubleheader: Baltimore versus the New York Jets, and then San Diego and Kansas City in a bitter AFC West battle.

Are you ready for some football, Calgary? Your Monday night party begins tonight.

METRO CALGARY

THE ASSOCIATED PRESS FILE

▶ Ray Lewis and the Baltimore Ravens will visit the New York Jets in Game 1 of tonight's NFL doubleheader.

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2 scene

News in brief

The big-screen adaptation of Mordecai Richler's bestselling book, Barney's Version, has won a prize at the Venice Film Festival. The film nabbed the "Leoncino d'Oro" Award or "golden lion cub," which is a play on the name of the main Venice prize, the Golden Lion.

The prize is voted on by a group of local children and has been a harbinger of further acclaim. Six of the previous 18 Leoncino winners have gone on to win the Golden Lion.

Barney's Version debuted at the Venice Film Festival on Friday. The festival ends Saturday, with the awarding of the top Golden Lion and other prizes.

The film features an ensemble cast led by Paul Giamatti as the ornery Montreal TV producer Barney.

THE CANADIAN PRESS

- Lady Gaga caps off record 13 VMA nominations by sweeping every category
- Taylor Swift forgives Kanye West for last year's award speech fiasco — in song

MATT SAYLES/THE ASSOCIATED PRESS

▶ Lady Gaga, centre, arrives in an Alexander McQueen gown at the MTV Video Music Awards in Los Angeles last night. The outrageous singer picked up the biggest prize of the night wearing another outfit sure to anger the PETA crowd: a dress and chapeau that appeared to be made of cuts of meat.

Awards and antics mark VMA night

Taylor Swift has absolved Kanye West of last year's onstage sin with one sombre song.

The 20-year-old delivered a poignant and powerful ode about West at last night's MTV Video Music Awards in Los Angeles that instead of criticizing him, sympathized with his difficult time in the spotlight and West's own admissions that his ego has gotten in his own way.

"Thirty-two and still growing up now; who you are is not what you did," she sang softly, adding: "You're still an innocent."

Swift's dramatic performance delivered on the hype promised from a sequel to last year's incident when West marred Swift's acceptance speech for best female video by jumping onstage and insisting the award should have gone to Beyonce.

In the aftermath, West endured intense backlash, despite an apology, as well as a serious dent in his career that has yet to be ironed out.

Last week on Twitter, West poured out his heart, again apologizing to Swift and saying how much he had suffered since the incident, and adding that he had grown.

The Swift-West pathos overshadowed the typical VMA antics. The cast of Jackass got rowdy early on when one cast member stripped off his clothes onstage and revealed his underwear — made to look like a chicken, with one suggestive part.

Host Chelsea Handler also added to the bawdiness. A pre-taped portion of her opening featured the host getting spanked multiple times by show participants backstage before running into the recently freed Lindsay Lohan, who also gave her a swat.

In between the zaniness and performances from the likes of Justin Bieber, who punctuated his set by getting behind the drums for a solo, some actual awards were given out.

Lady Gaga — who set a VMA record with her 13 nominations — was awarded best female video and best dance video for Bad Romance and best collaboration for her mini-epic Telephone, featuring Beyonce.

THE ASSOCIATED PRESS

Notable winners

- **Best Dance Music Video, Best Female Video, Video Of The Year** Lady Gaga — Bad Romance
- **Best Collaboration** Lady Gaga & Beyonce — Telephone
- **Best Male Video** Eminem — Not Afraid
- **Best New Artist** Justin Bieber

HBO calling on Canuck comedy

Network betting big on Canadian-made show and its Canadian stars with new series Call Me Fitz

IAN JOHNSTON
SCENE@METRONEWS.CA

▶ Jason Priestley stars in Call Me Fitz.

Jason Priestley gives used car salesmen an even badder name in the new comedy series Call Me Fitz.

As the hard-drinking, embezzling, egomaniacal womanizer Richard Fitzpatrick, Priestley obliterates all lingering thoughts of him as likable teen Brandon Walsh on Beverly Hills 90210.

"Roles like Fitz just aren't written that often. So when you read one — you jump at it," Priestley enthused during a recent trip to Toronto. "Hell, I fought for the part. I went in and auditioned. And thankfully my ideas on the character jibed with (creator) Sheri Ellwood."

In the series opener — premiering Sunday, Sept. 19 on HBO Canada — Fitz's debauched life unravels when a test drive leaves a customer in a coma.

Returning to work, Fitz finds new competition in Larry (Ernie Grunwald), who claims to be his conscience.

Larry says it's his job to get Fitz' life back on track — if that's even possible with the morally-bankrupt salesman.

"It's a real fine line with Fitz. The trick is that even though he's doing these questionable things you have to make the audience care," says Priestley.

"Even if you don't like him, you have to understand his motivations. That allows you to laugh."

Call Me Fitz is already a hit — of sorts. Filming of the second season has already begun in Nova Scotia.

"That's a pretty good trick, eh?" laughs Priestley.

"The first season turned out really well. But we still need people to watch it now."

Priestley, who also helmed two episodes of Call Me Fitz, has in recent years become a TV director-for-hire on shows like The Secret Life of The American Teenager and 7th Heaven.

"Being able to jump between acting and directing, I think makes me better on both sides of the camera," he says.

Priestley even directed an episode of the recently revamped 90210. He says the young cast didn't seem all that interested in his old 90210 war stories.

"Hey — it's been a lot of years. I think most of the actors are too young and never saw me in the original show."

Call Me Fitz airs Sunday night on HBO Canada.

Two new thumbs up

Ebert returns to TV in new role on At the Movies

▶ Roger Ebert

Film critic Roger Ebert, who lost his ability to speak and eat after cancer surgeries, said Friday that he is returning to television on a movie review show that he is producing for public television.

And, Ebert says, the thumbs up and thumbs down reviews made famous with his late partner Gene Siskel will return.

"This is the rebirth of a dream," Ebert said in a statement.

The Pulitzer Prize-winning Chicago Sun-Times film critic is producing Roger Ebert Presents At the Movies with his wife, Chaz Ebert. The weekly, half-hour review program will debut in January and be syndicated nationally on public television stations.

The show will feature co-host Christy Lemire of The Associated Press and contributing critic Elvis Mitchell of National Public Radio and former movie critic for The New York Times. Ebert will have his own segment on the show called Roger's Office, during which he will use his computer voice to review new movies or talk about the state of film.

Earlier this year, Disney-ABC cancelled Ebert's At The Movies.

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Celebrity emotions run high

In one memorable Season Two interview (the show was airing in the U.S.), William Shatner reduces Kiss frontman Gene Simmons to tears by zeroing in on the 61-year-old rocker's relationship to his estranged dad, who abandoned Simmons and his family when he was a boy. Shatner also recalls Larry Flynt and Rush Limbaugh interviews, which ended with those men nearly in tears. He bonded so closely with each, that in all cases, he's made plans to get together again socially.

THE CANADIAN PRESS

He's got nerve

CHRIS PIZZELLO, THE CANADIAN PRESS

▶ Former Star Trek star intends to boldly go where few interviewers have dared venture before.

Candid chats with celebrities ◐ Raw Nerve's style draws inspiration from William Shatner's family

William Shatner didn't have much formal experience as an interviewer prior to the launch of his chat show, so the 79-year-old prepared for William Shatner's Raw Nerve by calling upon his experience as a dad.

"It comes with having a family and getting people to talk about themselves at the family table," Shatner said during a telephone interview.

"And we used to joke, my kids and I, about how if there wasn't somebody crying at the end of the meal — and not out of rage, but out of something meaningful — it wasn't a good meal."

It's with that spirit that Shatner approaches Raw Nerve, a chatfest in which he tries to steer his celebrity subjects away from the comfortable and into sensitive areas they'd probably rather not explore on TV.

The first season of the show debuted in Canada yesterday on the Biography Channel.

"My impulse was to find something about that celebrity that even they themselves hadn't thought about either ever or in a long while," the Montreal native said. "And that they would feel confident enough to reveal themselves a little bit more than they have in the past. And I felt that I could effect that because I was speaking to them on their own grounds.

"I had no agenda, I wished not to hurt them, I didn't want to do any tabloid stuff. I very specifically kept away from tabloid matters and talked about things of the heart."

Though each episode of the show is 22 minutes long, Shatner says the interviews all took at least an hour, and he eased his subjects into a comfort zone by focusing on banal topics that wouldn't necessarily make the final cut.

THE CANADIAN PRESS

79 Years Young

Nearly an octogenarian, William Shatner is beginning work already on a third season.

- **He is also headlining** the CBS sitcom $#*! My Dad Says, the reality series William Shatner's Weird or What? and another interview show Aftermath, which he calls "one of the most thrilling things I've ever done."
- **He is also producing and** writing the documentary The Captains for his own production company.
- **He says he's invigorated** by his recent foray into interviewing. "It's a total improvisation and it's right on the air," he said.

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@shaneknysh The Walking Dead. in fact I am buying a PVR and getting the AMC channel specifically for The Walking Dead series
@ashleykumo That's tough...but I think Glee!

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Bono does whatever a spider can: Look out!

Superhero-based musical in works for seven years U2's Broadway tracks draw from many genres

Bono and the Edge wrote the music for the upcoming Broadway production SPIDER-MAN Turn Off the Dark, and a new song previewed from the production Friday sounds like it could be part of the U2 catalogue.

But the musical's director, Julie Taymor, says the pair create a sound that is more than a typical rock concert.

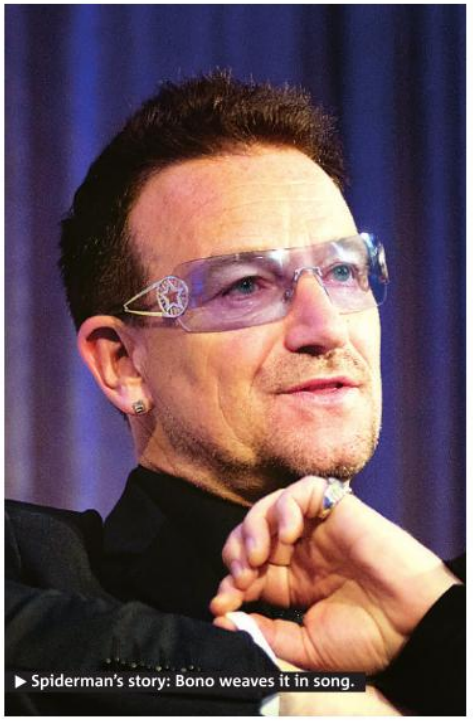
"They have gone way beyond what I thought any rock musicians would do because they're really serious storytellers and they get it, and they get the world of music that they can draw from. They're not frightened of it," Taymor said. "It's not like they have to put their U2 stamp on everything. There's real orchestral, ballads and ancient music and it's just drawn from many sources to support the story. It's amazing.''

Bono and the Edge previewed the song Boy Falls From the Sky from SPIDER-MAN on ABC's Good Morning America via satellite while on tour. The song was performed by the rock band Carney at the Hudson Theatre; its lead singer, Reeve Carney, stars in the musical as Spiderman and the rest of his band is part of the musical as well.

Taymor said the story of this Spiderman is different than what many grew up reading in comic books, including a love triangle involving Spiderman's alter-ego Peter Parker's girlfriend, Mary Jane. The musical is set to open on Broadway in late December.

THE ASSOCIATED PRESS

"I'm so honoured that Bono thought that I could sing songs that he wrote."
REEVE CARNEY, LEAD SINGER



▶ Spiderman's story: Bono weaves it in song.

Survivor's enough for one coach to handle

67 That's the age of the former coach of the Dallas Cowboys, Miami Dolphins and Miami Hurricanes.

Jimmy Johnson has become a Survivor celebrity, even though he has yet to appear on the show.

Johnson says he knew the CBS reality series was popular, but lately he's surprised to find himself talking more about his experience on Survivor: Nicaragua than about football.

He spent over a month as one of 20 castaways. A longtime fan of the show, he loves the outdoors. But he said that while he's glad he had the experience, he wouldn't do it again.

THE ASSOCIATED PRESS

Leo's 'wife' ordered to stay away: L.A. court

SHIZUO KAMBAYASHI, THE ASSOCIATED PRESS FILE

▶ He's still unmarried.

A judge has granted Leonardo DiCaprio a three-year restraining order from a woman who he said claims to be his wife and carrying his baby.

During a hearing Friday, a Los Angeles judge ordered that Livia Bistriceanu stay 100 yards away from the actor. Court filings state Bistriceanu acted aggressively at DiCaprio's home and business offices recently. Neither of them were in court.

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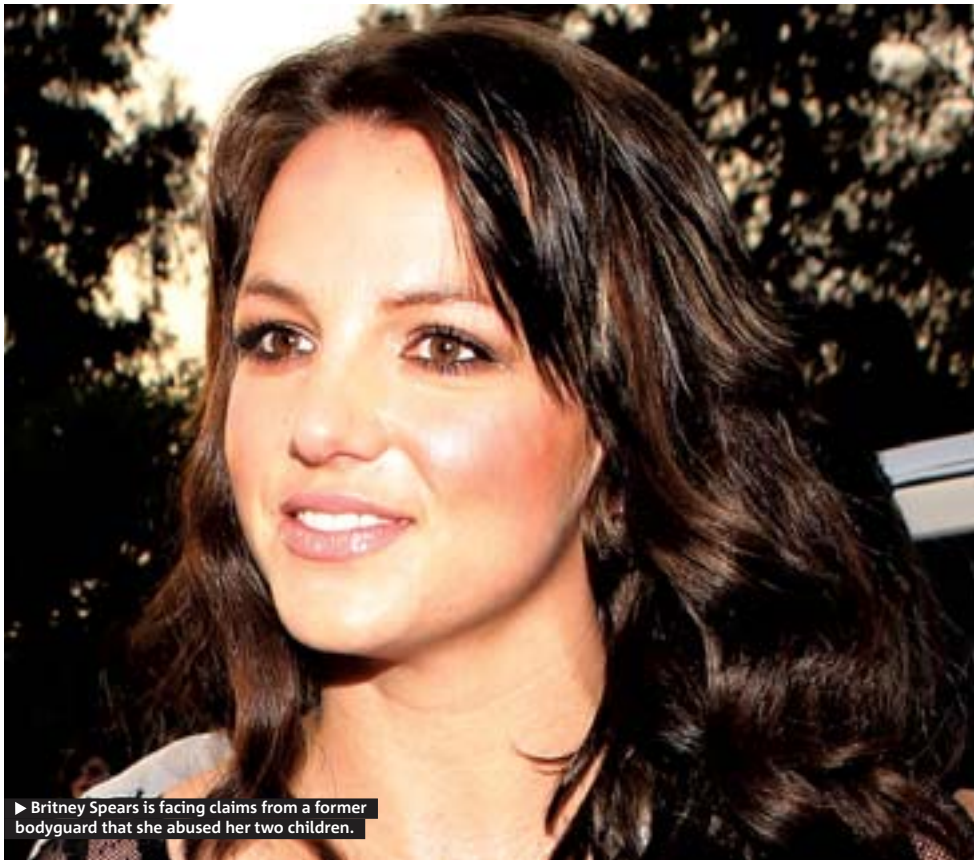

▶ Britney Spears is facing claims from a former bodyguard that she abused her two children.

Coming to her defence

Former bodyguard refuting claims of child abuse leveled at Spears

While Britney Spears is dodging allegations of sexual harassment and child abuse from one former bodyguard, another is coming to her defence.

"In our time with Britney, we've never seen anything in a negative sense," former security guard Mark Chinapen tells E! News. Chinapen says he was present when the L.A. County Department of Children and Family Services investigated abuse claims at the singer's home, "but at the end of the day, there was no issue," he says.

"They came, were happy with the results, and walked away."

The former bodyguard, Fernando Flores, who is making the abuse claims has also filed a sexual harassment suit against Spears.

He claims that Spears repeatedly exposed herself to him and made unwanted advances towards him while he worked.

The following statement was posted on Spears' website on Thursday:

"This lawsuit is another unfortunate situation where someone is trying to take advantage of the Spears family and make a name for himself."

METRO

▶ Megan Fox and Brian Austin Green

Megan Fox enjoying married life to Green

Megan Fox is still thrilled with her choice to marry boyfriend Brian Austin Green.

"Getting married was the best thing I've ever done," she tells People magazine. "I married my best friend. I'm so lucky to get to be with him every day, and he's my protector. I feel so safe and happy and completed."

And she says helping raise Green's 8-year-old son, Kassius, has been amazing.

"I really enjoy it. It's a lot of work but I like it. It grounds me," she says. "I like being domestic."

METRO

Pregnancy worries plague Lily

Lily Allen is opening up about her trepidations over her pregnancy. While she's thrilled to become a mom with boyfriend Sam Cooper, the singer says her pregnancy has been "difficult" so far.

"I came off the pill and, weirdly, a week later it happened. But then it was really difficult, I had complications," she tells the Sunday Times.

"I had to have lots of scans. I've been living in fear for the past three months."

METRO

GETTY IMAGES

▶ Lily Allen

Talking points

Angelina getting lonely on latest trip to Pakistan

COMPLAINING ON A MISSION OF MERCY SEEMS COUNTER-INTUITIVE TO WHAT YOU'RE TRYING TO DO. Angelina Jolie admits that her second job as a United Nations goodwill ambassador can leave her feeling pretty lonely when traveling to places like Pakistan, where she's been meeting with flood victims.

So how does she cope?

"I'll talk to my family," Jolie tells CNN's Sanjay Gupta.

"I talk to Brad (Pitt). He wants to know as much as he can about these issues and every trip. He's been here as well; he came with me after the earthquake. But I don't know, I don't have a lot of friends I talk to. He is really the only person I talk to."

Jolie has donated $100,000 of her own money to assisting the relief in Pakistan.

She is visiting to highlight the plight of more than 20 million people affected by the country's worst ever floods.

The actress, a UNHCR goodwill ambassador, said the situation in Pakistan was "extraordinarily complex."

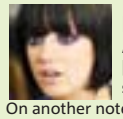
The area is temporary home to almost two million Afghan refugees, as well as millions of Pakistanis displaced by the floods.

METRO

After she finishes her visit of Pakistan she is headed to Italy to stay in her $40 million mansion.

Celebrity tweets

Justin Bieber [@justinbieber] regardless of what happens im lucky to have the greatest fans ever. so thank you!!


Lily Allen [@lilyroseallen] On another note. Where is the best place to find great antiques in the Gloucestershire area ?

Kelly Osbourne [@MissKellyO] Mortified! I just ripped a huge hole in my pants bending down to pick up a bag- in front of the whole plane! Fun walk to baggage claim : (

Kanye West [@kanyewest] None of these tweets are alcohol influenced ... well maybe a little hahahahaaa

METRO

Aniston went out to see John Mayer show

While in Atlanta filming her new movie, Jennifer Aniston reportedly took a night off to check out ex-boyfriend John Mayer's nearby concert, according to Radar Online.

"She looked gorgeous and seemed to be really enjoying herself," says a source of the actress, who reportedly snuck backstage with a baseball cap pulled low on her head.

Afterward, Mayer, Aniston and several others retired to a private suite at her hotel for an impromptu party, the source says.

METRO

▶ Jennifer Aniston

ISTOCK

▶ The majority of kids surveyed said they eat healthy, but that is a stark contrast to a 2004 StatsCan study that found preteens are lacking in fruits, vegetables and dairy products.

Pass the veggies, to your preteen

Recent survey shows majority of kids are concerned about nutrition and healthy eating 90 per cent said they look to their parents for guidance

Preteen children aren't as interested in consuming greasy fast food and sugary treats as previously thought, new research released Thursday indicates.

In fact, the majority of kids under age 13 are concerned about nutrition and healthy eating, according to a survey conducted earlier this year. And almost 90 per cent of kids surveyed say they actually care about what their parents do and say when it comes to healthy eating; they are still interested in guidance and support from their parents.

"This new research sends a powerful message and call to action from kids that the combined influence of parents, teachers and schools gives them the best chance to succeed in practising healthy eating," says Heidi Boyd, a registered dietitian with Dairy Farmers of Canada, the agency that sponsored the research. "The advice from kids is clear and now it's up to parents and teachers to respond."

"Parents need to model healthy eating and the teachers need to ensure they are not giving 'mixed messages' by teaching healthy eating and then modeling poor habits."
JUDY SHEESHKA, DIETITIAN

Dietitian Judy Sheeshka says that what she found most interesting about the results is the fact children place the most trust in their parents and teachers and really want their help with healthy eating.
THE CANADIAN PRESS

Survey says...

The research was conducted between April and May 2010 and involved 16 focus groups with a total of 78 children across Ontario, as well as an online survey of 500 children.

- **Three-quarters** of the children surveyed said that if their parents stock healthy food, they would eat it.
- **82 per cent** of those surveyed said they would like to learn to cook in school.

Advise students to bank their summer earnings

Do you remember how good it felt to reach the end of your first summer job with money in the bank?

While it's often tempting for young adults to spend money earned over the summer immediately, it's a good idea for parents to advise their kids on the importance of financial responsibility and setting aside some of those earnings for future use.

The BMO Retirement Institute offers the following points for parents to share with their kids:

Encourage your kids to put away small amounts at a time. Before they know it, their savings will bloom and they'll have established a good investment base with which to grow.

It's never too early for young adults, both to learn about Registered Retirement Savings Plans (RRSPs) and Tax Free Savings Accounts (TFSAs) and to begin making regular contributions to them.

Teach your kids about setting up an automatic savings program. Behavioural studies have shown that people are more likely to meet their savings goals if they don't have cash readily available in their bank accounts.

Explain the magic of compound interest. Demonstrate how a small percentage of their summer earnings can, over time, grow into a substantial amount. For example, if you invest $1,000 a year for 25 years, your initial investment of $25,000 could grow to more than $65,000 during that time with compounding interest (assuming a seven per cent rate of return).

For more information, or to view the BMO Retirement Institute study, visit bmo.com/RetirementInstitute.
NEWS CANADA

Save or splurge?

Almost 90 per cent of Canadians believe that retirement planning should begin before the age of 35.

- It's much easier to establish a healthy savings discipline when you're young and have disposable income, especially when there aren't as many competing priorities.

3 life

Travel

Live the magic

Disney Cruise Line is giving Canadians a 25 per cent discount per passenger on most of their seven night Caribbean cruises. The offer is valid on most cruises taking place Jan. 8 through Feb. 26. Visit disneycruise.com for details.
METRO

Invest in Kids to shutter its doors at the end of Sept., cites economic downturn. Scan code for story.

Salad perfect for end of summer

Teriyaki salad packs a punch ◗ Simple, quick and so flavourful you can hold the dressing

The goal here is a flavour-jammed salad that is simple, speedy and so good you don't even need a dressing.

Start out by marinating thinly sliced beef in a power-packed marinade of teriyaki sauce, hoisin, cider vinegar, sugar and hot sauce.

Eye round roast is a good choice for the beef, but feel free to use any steak or other cut that will handle being thinly sliced and briefly grilled.

The beef can sit in the marinade for as little or as long as you like. Once you pull it out, it goes on and off the grill in about two minutes. Throw it over some chopped romaine and sprinkle with crumbled blue cheese and you pretty much need nothing else.

But if you want to add some crunch, some purchased croutons would be a nice addition.

Ingredients:

- 125 ml (1/2 cup) prepared teriyaki sauce or marinade
- 125 ml (1/2 cup) hoisin sauce
- 30 ml (2 tbsp) cider vinegar
- 15 ml (1 tbsp) sugar
- 7 ml (1 1/2 tsp) hot sauce
- 750 g (1 1/2 lb) eye round roast, trimmed of fat and cut into 5-mm (1/4-inch) slices
- 2 large hearts of romaine, roughly chopped
- 125 ml (1/2 cup) crumbled blue cheese
- 250 ml (1 cup) halved cherry or grape tomatoes

THE ASSOCIATED PRESS

▶ Each serving of this salad has about 300 calories and 10 grams of fat.

Preparation:

1. In a medium bowl, whisk together teriyaki, hoisin, vinegar, sugar and hot sauce. Add steak, turning to coat well, then cover and refrigerate for 30 minutes.
2. Meanwhile, arrange lettuce on four serving plates.
3. Heat grill to high. Coat grates with cooking spray.
4. Use tongs to transfer steak, leaving as much of the marinade clinging to it as possible, to the grill. Cook for 1 to 2 minutes per side.
5. Divide steak among serving plates over lettuce. Sprinkle with blue cheese. Divide tomato halves among salads.

THE ASSOCIATED PRESS

Superfood: Persimmon

No, it's not a tomato, but a persimmon. This bright orange fruit has zero fat and is high in carbohydrates and natural sugars. It's high in fibre and Vitamin A and a recent Japanese study showed that persimmon peel contained the phytochemical, proanthocyanidin, thought to protect cells against oxidative damage associated to skin aging.

ROMINA MCGUINNESS

Queen of Green

LINDSAY COULTER
SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

THERE ARE BETTER OPTIONS THAN NON-STICK COOKWARE

QUESTION:
Is there such a thing as a safe non-stick pan?

Mary from Ottawa

There are safer alternatives to frying pans and cookware coated with perfluorooctanoic acid (PFOA) — a key chemical found in Teflon. Try cooking with stainless steel, glass, ceramic or cast iron instead. Dupont, one of the eight major manufacturers of PFOA, plans to phase out the chemical by 2015. The good news is that you can start now! And you should.

Aside from choosing safer cookware, you can reduce your exposure by avoiding consumer products coated with non-stick chemicals. These include some types of dental floss, microwave popcorn bags, windshield cleaning solution and even pizza boxes. Also, watch for products that maybe appear safe but have non-stick inserts, like rice cookers.

Most pans get too hot in our day-to-day cooking; releasing PFOA and other toxic substances. Then as they age and wear the coating can flake off into our food. PFOA is a suspected carcinogen and hormone disruptor that we know stays in the body and our environment forever. About 95 per cent of us have PFOA in our bloodstream, including newborn infants. It has also been detected in marine animals and our cherished polar bears.

"PFOA is a suspected carcinogen and hormone disruptor that we know stays in the body and our environment forever"

Before you ditch your scratched-up frying pan, check out your city's recycling guidelines or give its recycling hotline a call. Old non-stick pots and pans cannot be placed in your blue bin. Chances are you will need to drop them off at a depot that accepts scrap metal.

With safer alternatives out there, Teflon-coated cookware just isn't worth the risk. Switch to more eco-friendly options today.

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For us, the finish line is just the beginning.

See what happened on the tour @ CleanAcrossCanada.ca

It's been 28 days and over 7500 km since the Mitsubishi i-MiEV (Mitsubishi Innovative Electric Vehicle) left Cape Spear Lighthouse National Historic Site in St. John's, Newfoundland and Labrador, the most easterly point in Canada, and travelled clean across Canada on its way to the Electric Vehicle Conference in Vancouver, British Columbia. By reaching "mile 0" of the Trans-Canada Highway in Victoria, British Columbia, Mitsubishi has become the world's first automotive manufacturer of an electric car to travel across Canada.

An electric car was never meant to travel such great distances, but we made it by travelling up to 120 km at a time - using the i-MiEV's 16 kWh lithium-ion battery – and we arrived in style. In addition to meeting many great people along the way, we learned a lot as we spread the word about the viable, reliable and ecological future of zero emission driving that is now a reality and no longer just a possibility.

We would like to thank all of our sponsors and partners for their support throughout our tour.

If you missed seeing us on our travels, check out all the blog posts, pictures and videos from the tour at CleanAcrossCanada.ca

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The remote route

Modern laptops, wireless internet access and advances in communication hardware/software are making remote working easier and more efficient than ever.

With the technology available to support mobile working, small businesses can take advantage in order to gain a competitive edge and retain top employees.

"There are many benefits to working remotely — no lengthy commuting, fewer distractions, and the flexibility of working whenever and wherever you choose," said Gordon Stein, vice president, Rogers Business Segment.

Consider these tips to make working remotely feel less remote:

Stay connected

Your internet connection is your lifeline to staying connected. A mobile internet connection from devices like the Rocket mobile Internet stick or the Rocket hub is a great way to access high-speed connectivity on the go without needing to constantly search for Wi-Fi hotspots.

Feel like you're in the office even when you're not

Remote access software lets you access documents and files through an internet connection, which means the work doesn't have to stop just because you are out of the office.

Online collaboration

Maintain open communication and promote inter-office collaboration with audio and web conferencing applications to ensure ideas and information are shared even from a distance.

NEWS CANADA

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Interviews will be conducted in various locations across Canada. Jazz is an employment equity employer. We welcome all qualified candidates to apply.
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Technology comes handy for biz travellers

Smartphones allow you to carry on business when on the go Cut down roaming rates with special packages

▶ Embedded laptops, which have built-in connectivity, can free business travellers from the hassle of finding Wi-Fi spots.

Mobile technology is rapidly transforming business travel — for the better. Broadband networks, feature-rich smartphones and an explosion of mobile applications now deliver useful information and tools to your fingertips, making it easier for you to get from A to B and back.

"Business travellers want to make their time away from the office as worry-free as possible," said Gordon Stein, vice president, Rogers Business Segment.

"The right mobile technologies can offer convenience and productivity so that you can stay connected with colleagues, manage office responsibilities and address client needs while away."

Here are some smart travel tips to consider when your business takes you on the road:

- Eliminate the uncertainty of roaming fees — If you travel regularly, ask your service provider about plans like Rogers One Rate that allow you to pay for a single allotment of voice or data to use anywhere in Canada or the U.S and pool your data with co-workers travelling along with you.

If you're an occasional traveler, a one-time purchase of a voice, text or data package will let you talk, text and surf in many worldwide destinations.

- Connect when and where you need it — Searching for Wi-Fi or Ethernet networks can be a hassle when travelling for business.

Save time and stay connected wherever you are with a high-speed mobile internet solution like an embedded laptop from Rogers, which provides a mobile office with its built-in connectivity.

- Take your travel resources mobile — There are many mobile applications that can increase the convenience and reduce the uncertainty of business travel like the Cortado Print and Fax app that lets you to print, scan and fax documents from your smartphone, or the SalesNow CRM app that helps you manage contacts and deals, and view sales funnels and forecasts. NEWS CANADA

Picking the right hotel

Here are answers to the most frequently asked questions on how to get the most out of your next hotel stay, courtesy of David Blades, VP of Operations for Days Inns, Canada:

When booking a hotel stay, any insights on how to get the best rate?
Use the Internet to gather information and do your research ahead of time. Then make your hotel reservation online at the hotel specific site in order to get the guaranteed best available rate offered by many hotel companies.

I am a frequent business traveller and need to make the best use of my time on the road. Any tips on selecting a hotel that's right for me?
Your best bet is to compare hotel amenities and features. Look for on-site added value such as free high-speed Internet and a free breakfast.

1Is there a trick to getting the best travel value?
Get rewarded. Check with the hotel you're considering to see if they offer a loyalty rewards program like Wyndham Rewards, designed with the traveller in mind.

Renting nightmares

University students raise leasing concerns Always check agreement and know your rights, experts advise

Something was very wrong with the house David Molenhuis had rented just months earlier with three university buddies in London, Ont.

"We came back and the landlord had built a house onto the back of it," recalls Molenhuis, 28, a part-time student now living in Ottawa and national chair of the Canadian Federation of Students.

Like a number of renters, Molenhuis has his share of rental nightmares, but it's his experience while attending the University of Western Ontario in 2003-04 that stands out for all the wrong reasons.

"Where the windows were, you opened them up and there was insulation in them," he says. "Pink insulation staring me in the face. (They) didn't take out the windows, just built a house right up against ours."

Years later and still dishing out rent, Molenhuis says he's become more vigilant before signing a lease and encourages young, inexperienced prospective tenants to do the same before getting the keys to their first place.

"We're a clear target for property management companies in university towns," he says.

While legislation governing tenants and landlords varies by province, industry experts say there are steps all renters can take to protect themselves from coast to coast.

"Get a copy of your lease, make sure you pay your rent on time," says Martha Lewis, a spokeswoman for the Tenant Resource and Advisory Centre in Vancouver.

"When you're looking for a place, if you have a bad feeling about it, then don't rent it. You're probably right to have that bad feeling."

Of course, not all renters — regardless of age — are perfect tenants, either.

"There are bad apples in both barrels," says John Dickie, the president of the Canadian Federation of Apartment Associations and a longtime lawyer dealing in landlord and tenant law.

THE CANADIAN PRESS

The other side

Some advice from John Dickie, president of the Canadian Federation of Apartment Associations.

- Communication between the property manager and the tenant can save a lot of grief.
- Landlords should be clear with prospective tenants about the building's rules. Tenants should take care of the property and report the need for repairs.

▶ David Molenhuis, national chair of the Canadian Federation of Students, has had his share of renting woes.

Books to win over kids

When it comes to stirring the imagination of children, there's nothing like a good book.

Earlier this year, The Canadian Children's Book Centre (CCBC) and TD Bank Financial Group announced the 2010 finalists for the TD Canadian Children's Literature Award.

This annual award recognizes excellence in Canadian children's literature and the author of the winning book will be awarded $25,000 for the most distinguished book of the year.

Not only do these books make an excellent reading list vetted by some of Canada's top children's literature professionals, this year's top five titles will captivate the hearts and imaginations of children and adults everywhere, resulting in an enjoyable (and educational) read for everyone involved.

According to Charlotte Teeple, the executive director of The Canadian Children's Book Centre, "The books chosen as finalists for the TD Canadian Children's Literature Awards exemplify some of the best work by Canadian children's authors and illustrators."

- Dragon Seer by Janet McNaughton , HarperCollins, ages 11 and up
- Home Free by Sharon Jennings, Second Story Press, ages 10 – 13
- The Hunchback Assignments by Arthur Slade, HarperCollins, ages 11 and up
- A Thousand Years of Pirates by William Gilkerson, Tundra Books, ages 10 – 14
- Watching Jimmy by Nancy Hartry, Tundra Books, ages 12 and up

NEWS CANADA

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4 sports

Vick shows flashes of old talent in loss to Packers

27	20
PACKERS	EAGLES

Michael Vick is all the way back — daring runs, dynamic throws and a bittersweet defeat to show for it.

Aaron Rodgers threw a pair of touchdown passes, Mason Crosby kicked a team-record 56-yard field goal and the Green Bay Packers beat the Philadelphia Eagles 27-20 yesterday.

Not even a vintage performance from Vick — of all people — could stop the Packers.

In their first game since trading Donovan McNabb to Washington, the Eagles (0-1) started with Kevin Kolb and finished with Vick. Kolb left with a concussion at halftime, so Vick played meaningful snaps for an extended period for the first time in nearly four years.

"I feel like if I had been out there for four quarters, maybe we would've had a chance to win the game," Vick said.

Vick, a three-time Pro Bowl quarterback during six seasons in Atlanta, invigorated an offence that was awful in the first half. He finished with 175 yards passing and ran for 103.

"I thought Michael was phenomenal," coach Andy Reid said. "He brought the team back, he kept his poise."

THE ASSOCIATED PRESS

Quoted

"That's one of the biggest games of the season, getting that first win in the first week"

TENNESSEE QUARTERBACK VINCE YOUNG, ON BEATING THE RAIDERS 38-13.

Scan code for more sports

RONALD MARTINEZ/GETTY IMAGES

▶ Arian Foster celebrates a touchdown yesterday against the Colts.

Texans run over Colts

Undrafted Texans running back Arian Foster explodes for 231 yards, three touchdowns ● Indianapolis has historically dominated Houston

It took a record day by an undrafted running back for the Houston Texans to end years of frustration against Peyton Manning and the Indianapolis Colts.

Arian Foster, who spent most of last season on the practice squad, ran for a team record 231 yards and scored three touchdowns to carry the Texans to a 34-24 victory over the defending AFC champion Colts yesterday.

34	24
TEXANS	COLTS

"Coming into the league, you don't know what to expect, especially if you are not heralded and there's not a lot of publicity," Foster said. "You see guys like Andre Johnson and Matt Schaub and the way they carry themselves, and you try to mimic it and make your own personality. I feel privileged to be here."

Foster had the NFL's second-best opening weekend rushing performance since 1933, topped only by Buffalo's O.J. Simpson's 250 in 1973 against New England.

The Texans (1-0) ran for a franchise record 257 yards and backed up their bold talk in the off-season that they were ready to challenge Indianapolis.

The Colts came into the game with 15 wins in 16 games in the series, including rallying from 17 points down in the previous two meetings in Houston.

THE ASSOCIATED PRESS

Running game

- The Texans ranked 30th in rushing last season, and building a ground attack was a focal point at training camp.
- Foster beat out Steve Slaton for the No. 1 running back spot, despite spending the first 10 games of last season on the practice squad.
- "We heard all off-season that our running game wasn't efficient," Foster said. "You can either let it get to you, or let it get in you, and I feel like we let it get in us, and we used it."

Rain pushes men's Open final to Monday

The U.S. Open men's final between Rafael Nadal and Novak Djokovic was postponed because of rain yesterday, marking the third consecutive year the season's last Grand Slam tournament won't finish on schedule.

Nadal and Djokovic were supposed to begin playing at 2:30 p.m ET. yesterday, but showers began more than 90 minutes earlier and hadn't stopped by 4:15 p.m., when tournament officials decided to call it a night.

They rescheduled the match to start no earlier than 2 p.m. today.

Djokovic probably didn't mind the wait until today. That's because he reached the final with a gruelling five-set victory over Roger Federer Saturday, while Nadal won his earlier semifinal in straight sets. THE ASSOCIATED PRESS

MARK HUMPHREY/THE ASSOCIATED PRESS

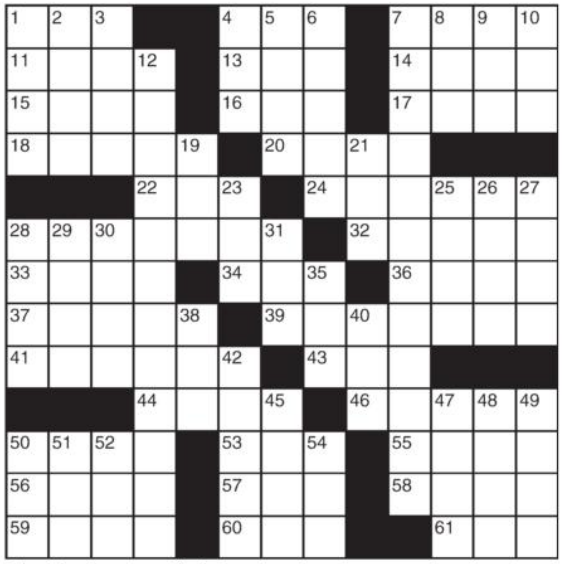
▶ Fans wait during a rain delay yesterday.

Sports in brief

Tiger to miss FedEx finale

GOLF. For the first time in his career, Tiger Woods won't be playing a tournament because he's not invited. Woods got off to a rugged start yesterday in the BMW Championship and shot 1-under 70, leaving him too far back to get into the top 30 in the FedEx Cup standings and qualify for the playoff finale at the Tour Championship. THE ASSOCIATED PRESS

Crossword



Across
1 Lived
4 Sprite
7 Rum cake
11 Performances
13 Melody
14 PC symbol
15 Biblical pronoun
16 Earl Grey, e.g.
17 Peruse
18 Lukewarm
20 One
22 Clunky boat
24 Stick together
28 They usually end "amen"
32 Milk dispenser?
33 Timber wolf
34 Intention
36 Culture medium
37 Exhaust
39 Team members
41 Subordinate bureaucrat
43 Commuters' choice
44 Dazzle
46 Praise
50 Lotion additive
53 Yule fuel
55 Greek vowel
56 Satan's purchase
57 Witness
58 Ballerina's frill
59 Click through the channels
60 Shade source
61 D.C. figure, for short

Down
1 Power measure
2 Rue the run
3 Put an end to
4 Chow down
5 Stead
6 Swiss money
7 The altogether
8 Expert
9 Constrictor type
10 Moreover
12 "Go right ahead"
19 Payable
21 Debtor's letters
23 Lingerie item
25 Advantage
26 Caboose's position
27 Blunders
28 Addition sign
29 Parks of civil rights fame
30 Help in mischief
31 Taste the wine
35 World Series org.
38 Butter square
40 Diving bird
42 Beat
45 Christmas song
47 Decorate
48 Bart Simpson's school bus driver
49 Author Bellow
50 Donkey
51 "Skip to My —"
52 "— Town"
54 Jewel

▶ Yesterday's answer

B	O	O	T	H	■	A	R	F	■	S	A	M	■	■
R	A	M	I	E	■	C	O	O	■	A	V	E	■	■
A	R	E	N	A	■	C	A	R	A	M	E	L	■	■
■	■	L	E	T	T	E	R	■	S	O	R	E	■	■
A	L	E	■	H	O	D	■	P	H	A	S	E	■	■
P	A	T	H	■	N	E	V	E	R	■	■	■	■	■
R	O	S	A	R	Y	■	A	P	A	C	H	E	■	■
■	■	■	N	A	S	A	L	■	M	A	I	N	■	■
B	E	A	S	T	■	R	U	B	■	M	M	E	■	■
E	R	G	O	■	P	I	E	R	C	E	■	■	■	■
E	N	A	M	E	L	S	■	A	L	L	A	Y	■	■
F	I	T	■	F	E	E	■	N	I	O	B	E	■	■
S	E	E	■	T	A	N	■	D	O	T	E	S	■	■

Sudoku

5		7				6		9
	6		5		2		8	
3								5
		8	9		7	1		
	4						3	
		5	4		1	9		
8								2
	1		3		6		9	
7		6				4		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	7	1	3	2	8	9	5	4
8	3	4	1	9	5	6	2	7
2	9	5	7	6	4	1	3	8
3	6	8	4	5	7	2	1	9
9	5	2	8	1	6	4	7	3
4	1	7	9	3	2	5	8	6
5	4	3	6	7	1	8	9	2
1	8	9	2	4	3	7	6	5
7	2	6	5	8	9	3	4	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my boo, Our wedding is coming up in april, I can't believe we have been together for 5 years. You are so special to me and I love you more than words can explain. I am so glad you are always there for me. I will be yours forever, I promise. I love you! Muah! **DANI XOXO**

Vicky here's to the beginning of another school year together. You are my light, my strength, my angel. I love you. **OLEH**

Oh Dang! (Deanna!) Happy belated BDay!I was lost till I found u! But then u were taken by your lovely Paul!I'll always wait4 ur love Dang!Its our secret. **ANGELAS**

My sexiest Thomie, I missing you every minute of my life that we're apart! I can't wait till we together again, our special bond we have together is unique! Luv ya! **ANGELA 37**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 5° Max 10°	Min 4° Max 14°	Min 3° Max 14°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Thing will turn around for you and you could easily get carried away and believe that all your troubles are over. Maybe they are. More likely though they never existed in the first place.

♉ Taurus April 21-May 21 You will gain a lot more respect, from both your rivals and your friends, if you don't pussyfoot around today. Decide what your goal is going to be and go for the jugular.

♊ Gemini May 22-June 21 You may be tempted to choose the easy option and hope that you can get through the day without having to take tough decisions but it's unlikely to happen. And would you really be happy if it did? Challenge yourself.

♋ Cancer June 22-July 22 No doubt you are tempted to cut corners and take the easiest route to your goal but it's better to go the long way round. You won't get there quicker but you will pick up some good experience along the way.

♌ Leo July 23-Aug.23 You are thinking too much. Leos are better when taking action, so let your instincts guide you and don't hesitate to follow them down whatever dark alleys they might lead you.

♍ Virgo Aug. 24- Sept. 22 Your thoughts seem to be rather intense at the moment and you need to find ways to calm your mind and become more accepting, both of yourself and of other people.

♎ Libra Sept. 23-Oct. 23 Avoid disputes in which you do not know all the facts. If you get involved and support one side or the other you could end up out on a limb with no way to get back if you find yourself on the wrong side.

♏ Scorpio Oct. 24-Nov. 22 Whatever you say today someone will make an issue of it, but no great harm will result so long as you don't take their pontificating too seriously.

♐ Sagittarius Nov. 23-Dec. 21 The planets urge you to aim high today, even though your resources may be a bit low. A little bit of effort will go a long way over the next 24 hours. It will go further still if it's got some thought behind it.

♑ Capricorn Dec. 22-Jan. 20 You may be envious of someone's luck and popularity but don't let it show. Just use them as a role model — an example of what you would like to be — and vow to be someone that others look up to in the future.

♒ Aquarius Jan. 21-Feb. 18 Keep your head today, especially if everyone else seems to be running around in a state of panic.

♓ Pisces Feb. 19-March 20 You seem to be under the impression that your options are limited, that there is only so much you can accomplish. That's nonsense. The only thing that is holding you back is your lack of self-belief.

SALLY BROMPTON

Caption contest

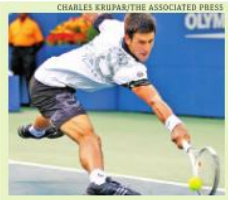
MARTIN MEISSNER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

CHARLES KRUPA/THE ASSOCIATED PRESS



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Do you have chronic pain?

CDPC™
CANADIAN DECOMPRESSION & PAIN CENTERS

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called **Neuro-Decompression**. In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually **long lasting**. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly).

Neuro-Decompression is a three-phased system that was developed by CDPC doctors. This Procedure is Health Canada & FDA Approved.

What Do Our Patients Have to Say?

After 12 treatments, for the first time in 7 years, I washed, buffered, waxed and polished my car. My wife would refuse going to the mall with me – I'd walk 10 steps and have to sit for a few minutes. Now, especially in the mornings, I'm jumping out of bed ready to go. On behalf of my wife and I, THANK YOU CDPC!

- Mr. & Mrs. Jay Shah, Calgary

After only seven or eight treatments I could not believe how much better I was feeling and how much better I could walk. I would recommend it to anyone.

- Marion Whiteman, Calgary

I always believe that when there is something good, the world needs to know about it. CDPC is one of those good. It took care of my NECK PAIN when I have myself treated at their clinic. If you have a need or back pain, try them, you won't regret it.

- Ben J., Calgary

Thanks to CDPC, I'm looking forward to getting back to my active lifestyle of sports, and gym. I no longer have to sit home, while my family is out enjoying the weather.

- Cindy Buda, Calgary

I came into CDPC with a walker and sciatica so bad I was unable to sleep at night. After only a few treatments, the pain has subsided and I am walking with a cane. Thanks to my wife who took the initiative to call and book my free consultation and insisted I seek relief. I heartily recommend this treatment to anyone. I look forward to completing the rest of my treatments.

- Edwin Graf, Calgary

CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

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